

BUSH PRAIRIE FARM NEWS 6/30/2014

From the Farm

Weeding was the prime duty this week—chard, beets, onions, and garlic. We shut the water off of the garlic—the leaves are turning yellow and may be ready to harvest the week after next. Maxwell, our intern, came this week to trim and tie tomatoes—a time-consuming job, but so valuable to increase the yield. New to the box this week are beets, potatoes, and a taste of sweet pepper. The red potatoes are considered new and are best eaten soon or stored in the refrigerator. We are looking forward to the three day 4th of July weekend to fence the fruit trees and blueberries—the deer will be very sad.

What's in the Box?

Kale	Napa cabbage	Green onions	Garlic Scapes
Green forest lettuce	Red Potatoes	Carrots	
Zucchini	Sugar Peas	Sweet pepper	
Broccoli	Oregano	Beets	

Easy Napa-Tuna Salad

Try cutting up napa cabbage, green onions, and add shredded carrots. Make your favorite coleslaw dressing and add the dressing and one can of water packed tuna to the salad mix. Toss and serve with a roll or crackers. Dinner is served.

About Beets

Beets have a rich earthy flavor that's easy to enhance through roasting, boiling or pickling. Remove leaves, leaving about an inch of the stems. Use leaves as greens- raw or cooked. Store roots in a plastic bag in refrigerator for up to 3 weeks. Wash before cooking.

Beets are a unique source of phytonutrients called betalains. which have been shown to provide antioxidant and anti-inflammatory support to the body.

How to Roast Beets

Simply preheat your oven to 425° F. Cut the greens away from the beets, leaving about ¼" of stem. Scrub the bulbs and place in a baking dish with ¼" of water. Cover tightly. Place in the oven and roast small beets for 30 to 40 minutes, medium beets for 40 to 45 minutes, and large beets for 50 to 60 minutes until tender when pierced with a knife. Cool and then slice off the ends and slip off the skins. Hint: Roast beets a day ahead while you are cooking another meal.

Serving Suggestions

- Slice roasted beets to serve as a simple side dish. Can be eaten cold or hot.
- Serve roasted beets over massaged kale or chopped napa cabbage and top with a lite vinaigrette, goat cheese crumbles and walnuts.

Pictures of vegetables are on the CSA tab at www.bushprairiefarm.com.

Please return your box on the next delivery day.

HAPPY 4TH OF JULY!